Notes

Questions to Help Identify Insomnia

- "How long have you had trouble sleeping?"
- "How often do you have trouble sleeping?"
- "How does this affect you during the day?"

Psychiatric Conditions Associated With Insomnia

- 40% of all insomnia cases are associated with common psychiatric conditions,[1] predominantly
- 90% of patients with depression have sleep disturbances[2]
- Insomnia may be a prodromal symptom of depression[3]

1. Ford and Kamerow, 1989
2. Reikel, 1993
3. Weissman et al, 1997

Relationship of Insomnia to Depression and Anxiety

	% Respondents	
	No Sleep Complaint	Insomnia
No psychiatric disorder	84	60
Major depression	1	14
Dysthymia	2	9
Anxiety disorder	10	24
Alcohol abuse	4	7
Drug abuse	1	4
Other psychiatric disorders	1	5

Ford and Kamerow, 1989

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Source: https://www.industrydocuments.ucsf.edu/docs/mppj0001